

Community Garden News

City of Loma Linda

April 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

WARM WEATHER ANNUAL VEGETABLES

Beans

Eggplant

Corn

Cucumber

Lettuce

Melons

Okra

Peppers

Radish

Squash

Tomatoes

Garden open
dawn 'til dusk



Spring Renewal

Spring is the time to make changes and foster new attitudes for the coming months. To help you get started, here are some ways to bring the joy of spring into your life!



1. Update your pantry. Stock up now for spring and summer essentials like pickles, mustard, catsup and barbecue sauce. Make sure to throw out cans, seasonings and boxed mixes that are out of date. Clean out your fridge while you're at it—it will be more efficient at keeping things cool if it's not crowded with unnecessary items.

2. Nothing says spring like freshly cut flowers. Whether you treasure tulips or prefer peonies, treat yourself and brighten up your dinner table with a wonderful bouquet.



3. A few herb plants like rosemary and basil can do wonders for your spring dishes. You can keep herbs on a sunny counter top or windowsill.

4. Get in touch with what's in season in your region with a trip to the farmer's market. Most markets around the country are open by early to mid-April, so put on your good walking shoes and grab your basket; it's time to taste the season's freshest picks.

5. If you haven't been running since last fall, it may be time for new shoes. A good pair is integral to preventing injuries with such a high impact sport. The American Running Association can help you determine if it's time for a new pair. With great shoes, you'll be itching to train for your first marathon.



6. Give your kitchen a fresh look in five minutes. How, you ask? A new set of dish towels with a bright color or fresh print can perk up a tired looking kitchen.



7. Longer days ahead provide a great opportunity to fit in fitness. Get up a half an hour earlier each morning to take the dog on an extra long walk, do a yoga video or some early morning gardening.

March Workshops

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March was a very busy month for the community garden workshops. We had two workshops: one on the 18th about the facts on fiber presented by LLU's Masters student Kari Davis and the other on the 30th concerning diabetes presented by masters student Karen Kelly and Socorro Hernandez.



Karen and Socorro
present on diabetes

Some very informative material came out of these workshops from our LLU school of public health masters students. Did you know that soluble fiber found in oat bran, dried beans, apples, prunes, broccoli, and barley can lower your blood cholesterol? In our diabetes workshops we discovered the importance of foot care, eating meals consistently, and including fresh fruits and vegetables as part a daily diet.

The LLU master students demonstrated how to make some very creative and healthy dishes that tasted good too. Student Maggie Carneiro cooked a high fiber vegetable pizza along with a banana pizza for dessert. Student Paula Thompson demonstrated how to make a diabetes friendly tofu scramble without the eggs. If you are interested in trying these recipes and others from previous workshops. They can be found on the city website: www.ci.loma-linda.ca.us under community.



Maggie and Paige
with the pizzas



Paula with the tofu
scramble

Congratulations to the lucky raffle winners who are now the proud owners of new tomato seedlings start up pails.

Brand New !

Patio Gardening at the Senior Center

- 4' x4' containers
- Tool shed
- Monthly newsletters
- Workshops on nutrition and gardening
- All you have to bring are seeds and seedlings



Come cultivate a garden with friends

For additional information
please call Joanne Heilman
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Join us for our next workshop on April 28th and learn about the facts on fat.

Recipe Corner

Spring Rice Salad with Alfalfa Sprouts Makes 4 servings

2 cups cooked rice
1/2 cup snow peas
2 scallions, minced
1/2 cup shredded fresh spinach
1 tablespoon olive oil juice and pulp of 1 lemon
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 teaspoon Dijon mustard
2 cups alfalfa sprouts



In a large salad bowl, combine rice, peas, scallions, and spinach.

In a small bowl, whisk together oil, lemon juice and pulp, basil, oregano, and mustard.

Toss half of the dressing with the rice mixture, then arrange sprouts atop rice and drizzle the remaining dressing over them. (Sprouts are not tossed with rice because they tend to mat and tangle when mixed.) Serve at room temperature in individual salad bowls.